

Join us for this 2-part series:

“Filling Your Bucket” Wellness & Cooking Series

Donna Fatigato will lead participants through two mornings of self-care to fill our buckets for the new year. The first session will be focused on wellness with these three components:

- *The Holistic Approach to Stress Management*
- *Breathing & Mindfulness Meditation*
- *Create Balance in Your Life*

The second session will focus on understanding and practicing healthy food choices with these three components:

- *Q2 ~ Quality & Quantity*
- *Food Prep Made Simple*
- *Healthy & Delicious Cooking Class*

Join us for this wonderful 2-part series to start your New Year journey on a healthy path.

WHEN: Wednesday, February 19, 2025

9:00 a.m. to 12:00 p.m.

Wednesday, March 19, 2025

9:00 a.m. to 1:00 p.m.

LOCATION:

**Nazareth Spirituality Center
717 N. Batavia Ave
Batavia, IL 60510**

Sponsored by:

Servants of the Holy Heart of Mary

Presenter:

Donna Fatigato

**Health & Wellness Specialist
Owner, Younique Lifelong Fitness, Inc.**

A seasoned wellness professional of 40+ years with an extensive history of coaching, teaching and implementation of individual/group/corporate wellness programs, food prep and cooking classes, Donna is a best-selling author, an ACE-Certified Personal Trainer, and certified as a Holistic Nutrition Coach, Group Fitness Instructor with specialties in Yoga, Pilates, Meditation and more.



To register, please follow
this link:

REGISTRATION

Cost: \$30 for one session
\$50 for both sessions

PAY ONLINE

For more information about our programming,
please contact Susan Amann:

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